

Liver & Onions¹⁵

Number of Servings: 15 (252.2 g per serving)

Amount	Measure	Ingredient
3 3/4	lb	Beef, liver, raw
7.00	Tbs	Flour, all purpose, white, bleached, enrich
3/8	tsp	Salt, table, iodized
15.00	svg	Cooking Spray, for grilling, 1/3 sec spray
2 1/2	Tbs	Oil, canola
6.00	ea	Onion, sweet, fresh

Nutrients per serving

Nutrition Facts			
Serving Size (252g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 60	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	310mg		103%
Sodium	150mg		6%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		4%
Sugars	7g		
Protein 25g			
Vitamin A 380%		Vitamin C 15%	
Calcium 4%		Iron 35%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Slice liver into approximately 4 oz slices (4 servings/#)

Bring water to a boil in large kettle. Drop liver into boiling water in batches to scald and seal in the juices. Retrieve liver from boiling water, draining off excess water and lightly dip pieces of liver in flour mixed with salt.

Preheat pan and spray well with nonstick spray. Add oil. Add floured liver slices and brown, turning over to brown both sides. Add more nonstick spray as needed. Add onions and brown slightly. Transfer to sprayed or lined steamtable pan.

To keep moist and tender add a small amount of water to liver and onions, cover with foil and place in 200 degree oven to keep hot until serving.

1 serving = approx 3 oz cooked liver plus 1/4 c onions

1 serving = 1 CS